

# Healthy Living

## 2024 Share Member Guide

Select Health has partnered with Virgin Pulse to provide you with digital wellness tools that can support you in living the healthiest life possible.

We encourage you to complete all the activities in this guide to ensure you earn your employer's wellness incentives and live a healthy lifestyle along the way.

Please Note: Virgin Pulse will be known as **~personify** HEALTH effective January 1, 2025.



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# Get started.

Use Google Chrome as your internet browser.

## 1 Create your SelectHealth.org account or log in.

**New Users:** Go to [selecthealth.org](https://selecthealth.org) and click Register. Use the subscriber number on your ID card.

**Returning Users:** Log in.

## 2 Review Tasks.

Your personalized Tasks dashboard is a one-stop shop for accessing Virgin Pulse tools and keeping track of your completed activities.

The badges in Tasks will reflect your health plan and may look different than this example.

## 3 Access Virgin Pulse.

**New Users:** Click the Health Check icon in Tasks to create a Virgin Pulse account. Once you've signed up, download the Virgin Pulse app for easier access.

**Returning Users:** Access Virgin Pulse from the mobile app or from your Select Health Tasks page.

*Please note, you must complete the Virgin Pulse online registration form before you can use the Virgin Pulse mobile app.*

## New Wellness Benefit.

SworKit Health is a benefit from Virgin Pulse that gives you access to fitness, meditation, nutrition, and recovery programs from your cell phone, tablet, or computer.

To access SworKit, download the app to your cell phone, tablet, or computer. When the app opens, select **Sign in with Virgin Pulse**. Then sign in to SworKit using your Virgin Pulse username (email address) and password.



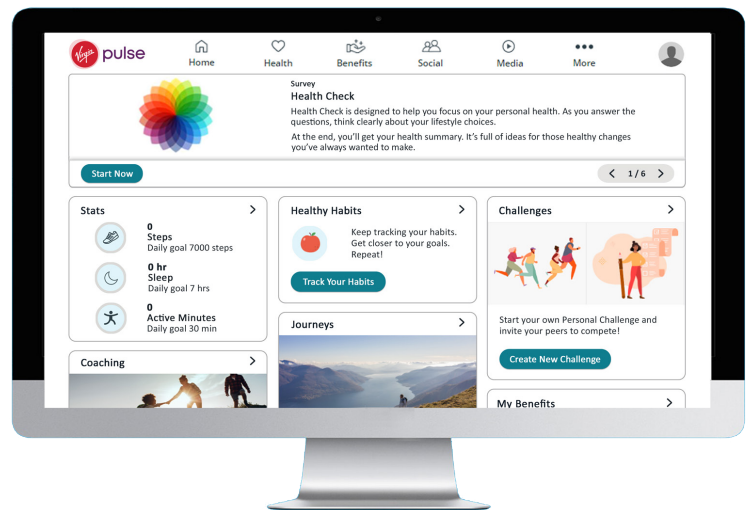
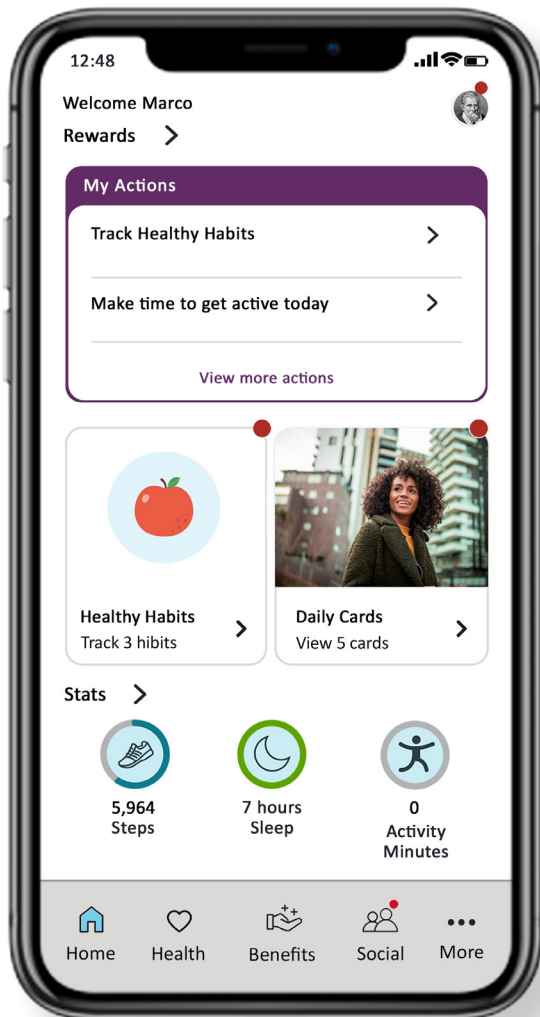
# Health engagements.

## Annual Health Screening.

Get a snapshot of your current health and identify conditions that may need a follow-up. For event dates, contact your HR department. To schedule a screening appointment, contact your primary care provider.

## Health Check Health Assessment.

This online assessment provides a summary of your overall health and tips for improvement. To complete your Health Check, log in to your Virgin Pulse account and click on the Health tab.



## Journeys® (Optional Activity)

These digital coaching programs can help you maintain healthy habits and build new ones.

To access, log in to your Virgin Pulse account and click on the Health tab.

# Activity Campaigns.

To qualify, you must complete two or more options from the following:

- 7,000 Steps Campaign
- Quarterly Team Challenge
- Four of the promoted Healthy Habits Challenges

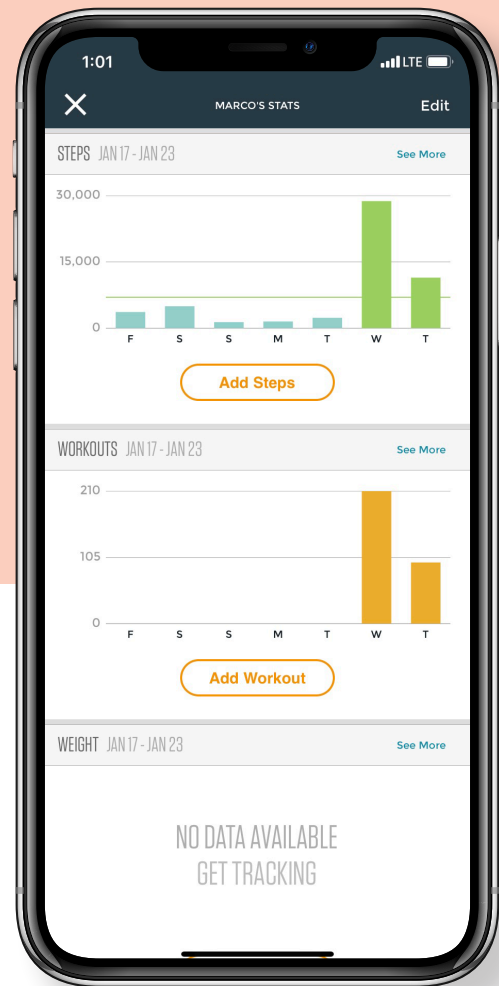
## 7,000 Steps for 20 Days Participation Rules:

Walk 7,000 steps a day for 20 days or complete the equivalent in non-stepping exercise.

Track steps using a fitness device or app, or by adding them manually using the Add Workout feature in your Virgin Pulse app.

Use the Add Workout feature to convert non-stepping activities to steps.

- Open your Virgin Pulse app or log in to your account to track or sync your weekly activity.
- Steps older than 14 days synced from a device or added to your Virgin Pulse account are not counted.
- Please note, steps or activities completed prior to Virgin Pulse registration do not count.



# 2024 Challenges.













## 2024 VIRGIN PULSE Activity Campaign Calendar

7K STEPS FOR 20 DAYS	Month of JANUARY
BLACK CONTRIBUTIONS AROUND THE WORLD	 Registration Begins JANUARY 15 Challenge Starts JANUARY 29 Challenge Ends FEBRUARY 25
7K STEPS FOR 20 DAYS	Month of MARCH
7K STEPS FOR 20 DAYS	Month of APRIL
GREAT AMERICAN ADVENTURE	 Registration Begins APRIL 15 Challenge Starts APRIL 29 Challenge Ends MAY 26
7K STEPS FOR 20 DAYS	Month of JUNE
7K STEPS FOR 20 DAYS	Month of JULY
AMAZING ARCHITECTURE	 Registration Begins JULY 22 Challenge Starts AUGUST 5 Challenge Ends SEPTEMBER 1
7K STEPS FOR 20 DAYS	Month of SEPTEMBER
7K STEPS FOR 20 DAYS	Month of OCTOBER
U.S. NATIONAL PARKS	 Registration Begins OCTOBER 21 Challenge Starts NOVEMBER 4 Challenge Ends DECEMBER 1
7K STEPS FOR 20 DAYS	Month of DECEMBER



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## 2024 VIRGIN PULSE Healthy Habits Calendar

	MONTH	HEALTHY HABIT*	TOPIC
FIRST QUARTER	 JANUARY 8 - 14	<b>TIME FOR FRIENDS</b> Did you take time to connect with a friend today?	BUILDING RELATIONSHIPS
	 FEBRUARY 12 - 18	<b>KEEP IT ROUTINE</b> Did you make your day easier by doing one small routine?	BEING PRODUCTIVE
	 MARCH 11 - 17	<b>MINDFUL MINUTE</b> Did you take time to be mindful today?	FOCUS
SECOND QUARTER	 APRIL 8 - 14	<b>ON BUDGET</b> Did you stick to your budget today?	MANAGING FINANCES
	 MAY 13 - 19	<b>DEVICE FREE ZONE</b> Did you remove all devices from your bedroom?	SLEEPING WELL
	 JUNE 10 - 16	<b>BRAIN GAMES</b> Did you play brain games or work on puzzles today?	LEARN NEW THINGS
THIRD QUARTER	 JULY 8 - 14	<b>BIT OF EVERYTHING</b> Did you eat a variety of foods from different food groups today?	EATING HEALTHY
	 AUGUST 12 - 18	<b>WORKOUT TIME</b> Did you schedule time for your workout today?	GETTING ACTIVE
	 SEPTEMBER 9 - 15	<b>LOOSEN UP</b> Did you take time to relax today before bed?	SLEEPING WELL
FOURTH QUARTER	 OCTOBER 14 - 20	<b>STAYING THOUGHTFUL</b> Did you look inwards today to stay curious about your emotions?	FIND EMOTIONAL BALANCE
	 NOVEMBER 11 - 17	<b>SERIOUSLY FUN</b> Did you make work fun today by sharing a laugh, etc.?	BEING PRODUCTIVE
	 DECEMBER 9 - 15	<b>STEP AWAY</b> Did you choose to step away and calm your emotions, when needed?	FIND EMOTIONAL BALANCE

\*Challenges are subject to change.  
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## Company Team Challenges.

Form a team or register as an individual before joining a four-week challenge. Review the Stats section on your Virgin Pulse account to confirm that your fitness device is syncing properly. You can also manually add workouts each week.

Remember, you can only get credit for either 7,000 Steps for 20 Days or a Team Challenge each month.

## Healthy Habit Challenges.

You can also complete four Promoted Healthy Challenges. To complete each challenge, simply track five of seven days each week. By completing four of these shorter monthly challenges, you can earn one Activity Campaign credit.

Note: You can only receive Activity Campaign credit for the Healthy Habits listed on this calendar.



# Additional engagements.

As a Share Member, Select Health rewards you for completing additional health engagements. Visit [selecthealth.org/share](https://selecthealth.org/share) to learn more about how to complete activities and earn rewards.

**Refer to Tasks to see if or when you're eligible for any of the following:**

## Diabetes Prevention and Management.

Preventing diabetes is key to living a healthy life. If you are at risk for developing diabetes, or you have diabetes, get rewarded for completing tests and exams.

There are optional Diabetes Prevention and Diabetes Management activities as well. Review Tasks and details on [selecthealth.org](https://selecthealth.org).



## Annual preventive care and screenings.

Work with your doctor to determine which screenings are best for you. Share Cancer Screenings follow gender and age-based national guidelines.

<b>Women ages 21-29:</b>	One Pap test every three years.
<b>Women ages 30-65:</b>	One cervical Pap smear every 3 years or an HPV test every 5 years.
<b>Women ages 50-74:</b>	One mammogram every two years.
<b>Men and women ages 45-75:</b>	One colonoscopy every 10 years, or other colorectal cancer screening once every 1-5 years.

If you've had a screening and it's not showing as completed in Tasks, please contact Member Services at **800-538-5038**.

Note that your doctor may recommend earlier, more frequent, or less frequent screenings based on your history and health.



## Progress Tracking and Rewards.

If you're eligible to earn additional rewards from your employer group, you can claim them on the Select Health Rewards home page.

- From Tasks, select Progress Tracking & Rewards.
- Review available and completed activities.
- View available points and choose your reward.

*\*Amounts received may be considered income and subject to tax.*

## Condition or injury limiting your mobility?

You can still complete eight promoted Healthy Habit Challenges by focusing on areas other than physical activity.

## What if I have a medical condition?

If you have a medical condition that limits your physical ability, you may be able to earn an available wellness incentive another way. Contact your Human Resources department for information.

## Who will see my personal information?

### Select Health:

- Personal information will only be disclosed as permitted or required by law.
- Screening data will be loaded in to your secure Healthy Living user profile to provide you with personalized feedback.

### Employer:

- Your name may be shared with your employer for incentive determination purposes.



## Need help?

### Questions about Virgin Pulse?

Call **833-235-6890** or email [selecthealth.support@virginpulse.com](mailto:selecthealth.support@virginpulse.com)

### Questions about your Select Health Member Account?

Call Online Services at **800-442-5502** weekdays, from 7:00 a.m. to 8:00 p.m. and Saturdays, from 9:00 a.m. to 2:00 p.m.

### Questions about Healthy Living?

Call Member Services at **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m. and Saturdays, from 9:00 a.m. to 2:00 p.m.

### Need Help Finding a Provider?

Call Member Advocates at **800-515-2220**.



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